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USDA BULLETIN BOARD

Cap. 3

Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, and Wallace L. Kadderly, Radio Service, in the Department of Agriculture's portion of the National Farm and Home, Friday, November 26, 1943, over stations associated with the Blue Network.

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ANNCR: Ruth Van Deman.

VAN DEMAN: Present, with the Bulletin Board.

ANNCR: Wallace Kadderly.

KADDERLY: Present. And presently presenting John Moreland, Iowa farmer.

ANNCR: All present or accounted for. Ruth, what's on the Bulletin Board?

VAN DEMAN: First is the news that canners will be permitted to release for civilian use their reserve of 2 million 600 thousand cases of canned string beans and tomatoes. The canners had been required to hold this back to meet unexpected war requirements. Now this reserve is released.

I also have a question to answer...a question about soya flour and grits.

A letter from one of our Farm and Home friends says: "Eggs are scarce and high priced in our town. Can I use one of those soya products you were talking about the other day to make my eggs go further?"

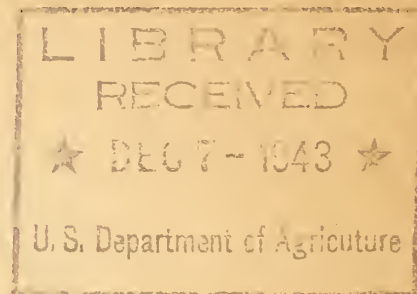
The answer is yes. But I think our friend wants more than a one-word answer. I think she wants how-to-do-it. And to give her that I'm sending her a copy of our new folder "Cooking With Soya Flour and Grits." On page 7 is a recipe for soya omelet - an omelet made with 4 eggs, and large enough for 6 servings. To mix with the 4 eggs the recipe calls for one-fourth cup of soya grits combined with one-fourth cup of water. Even that small quantity of soya has quite an effect on the protein of the eggs. The omelet made with soya stays light and fluffy after it's moved from stove to platter. And even a 4-egg omelet made with soya is large enough to make 6 good servings.

This folder also has a recipe for soya cheese souffle ... another way to make 4 eggs serve 6. Incidentally, soya cheese souffle is a dish good enough for company - even the most picky company.

For another main dish calling for only 3 eggs, there's a recipe for scrambled egg-vegetable roll made with soya. And it illustrates a smart trick in food conservation....a tasty way to use a cup or so of left-over vegetable...peas, snap beans, corn - whatever happens to be in the refrigerator.

As I said, I'm sending our friend a copy of this folder "Cooking With Soya Flour and Grits". It has all the answers about using these new products. And I'll be happy to do the same for any other Farm and Home Hour Listeners. Just address your card to Home Economics, U. S. Department of Agriculture, Washington, D. C. ... Again that title "Cooking With Soya Flour and Grits."

Now, Wallace, let's hear from you.



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